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Cop. 2

DAILY FOOD GUIDE



some choices for thrifty families



MILK GROUP

some for everyone



VEGETABLE - FRUIT GROUP

4 or more servings

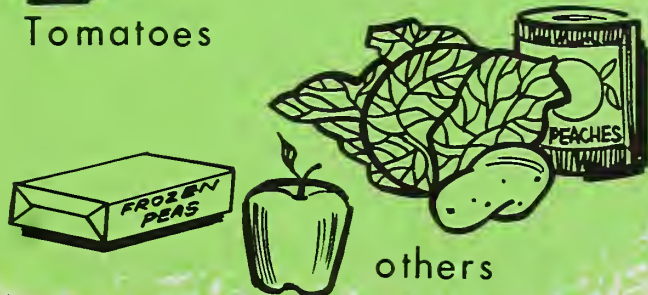


Dark Green

Deep Yellow



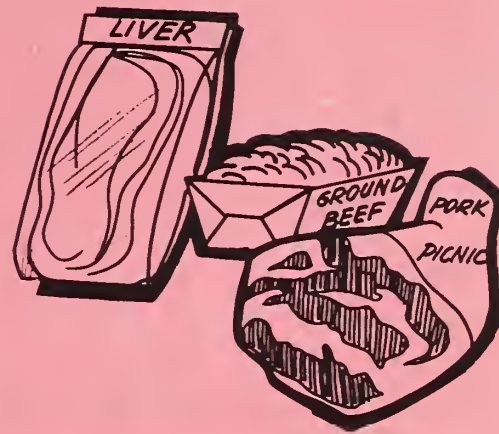
Citrus and Tomatoes



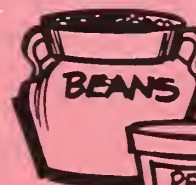
others

MEAT GROUP

2 or more servings



FISH



BEANS



PEANUT BUTTER



EGGS

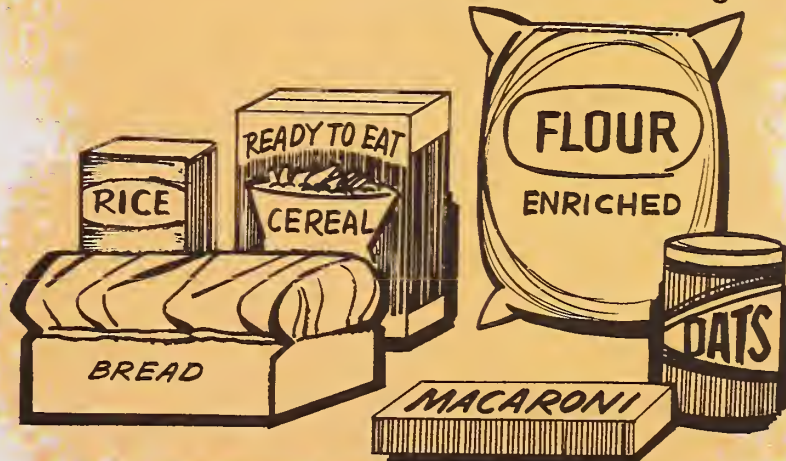


DRY PEAS

DRY BEANS

BREAD - CEREAL GROUP

4 or more servings



WHOLE GRAIN OR ENRICHED

everyday eat foods from each group

EAT OTHER FOODS AS NEEDED TO ROUND OUT MEALS

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





Follow the Food Guide Every Day



SOME
for
EVERYONE

MILK GROUP

COUNT AS A SERVING 1 CUP  OF MILK

Children under 9 —   to   Adults —   or more

Children 9-12 —    or more Pregnant Women —   or more

Teenagers —     or more Nursing Mothers —    or more

Cheese can be used for part of the MILK

2
or more
SERVINGS

MEAT GROUP

COUNT AS A SERVING 2 OR 3 OUNCES OF COOKED LEAN MEAT,
POULTRY OR FISH — — SUCH AS



A HAMBURGER



OR A CHICKEN LEG



OR A FISH

ALSO-2 EGGS  

OR 1 CUP  COOKED DRY BEANS OR PEAS

OR 4 TABLESPOONS   PEANUT BUTTER



4
or more
SERVINGS

VEGETABLE-FRUIT GROUP

COUNT AS A SERVING $\frac{1}{2}$ CUP  (RAW OR COOKED)
OR 1 PORTION SUCH AS



OR



OR



4
or more
SERVINGS

BREAD-CEREAL GROUP (WHOLE GRAIN OR ENRICHED)
COUNT AS A SERVING

1 SLICE  OF BREAD OR 1 BISCUIT 

OR 1 OUNCE READY-TO-EAT CEREAL — — — —

OR $\frac{1}{2}$ CUP  TO $\frac{3}{4}$ CUP  COOKED CEREAL,

CORNMEAL, GRITS, MACARONI, RICE, OR SPAGHETTI



EAT OTHER FOODS AS NEEDED TO ROUND OUT THE MEALS

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